

Week 7
END-OF-THE-DAY EXERCISES
(About 20 minutes)

DAY THREE:

RELISH the moments that went well and gifts received today

Reading (Margaret Silf, *Inner Compass*, 1999):

"When you are in consolation, store up the experience: remember how God touched you, so that in desolation you will recall the truth of your belonging. When you are in desolation, be gentle with yourself: hold on, for the tide will turn. Neither state is permanent. Both are ways the Divine communicates, and both can lead you more deeply into love if you pay attention."

JOURNAL QUESTION:

How do I notice the shifting tides between consolation and desolation in my own life, and what helps me to stay attentive to the Holy One's presence in both?



Rules of St. Ignatius

A contemporary translation for becoming aware of the different movements that are experienced within the soul and how to discern between what is lifegiving and what creates suffering.
-Ignatian Wisdom and Quotes by Sacred Art of Living

First Rule: Of Freedom and Unfreedom For persons who are trapped in a cycle of addiction there are momentary attractions that create the appearance of pleasure but in reality, hold them prisoner to their addictions. At the same time there always is present a spirit of freedom which is available through deeper knowing and leads to encouragement and peace.

Ignatian Wisdom: The foundation of the Exercises is about gaining spiritual freedom.
"God comes to us disguised as our life; everything belongs, there are no dead ends." Moses Maimonides, 12th Century Mystic

Second Rule: Of Contrary Voices In persons who are going through intense periods of darkness one can expect contrary voices which may even appear reasonable at the time but always sadden and discourage. At the same time a spirit of encouragement is always available offering courage and strength, consolations, inspirations and even tears that ease the obstacles and point to our well-being

Ignatian Wisdom: The soul possesses the innate power to discern between different spirits.
"One day with hindsight, the years of struggle will strike you as the most beautiful." Freud quoting Plato's Republic

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Freud quoting Plato